

COMPARISON OF KINESTHETIC SENSE AMONG YOGA SPORTS AND NORMAL PERSONS

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Abstract

Yoga is the science of right living and as such is intended to be incorporated in daily life, it works on all aspects of the person: the physical, vital, mental, emotional, phyctic and spiritual. Kinesthetic is deals with the sense of movement. The receptors for kinetic sensibility are embedded in muscle joints and tendons. The Efficient kinesthesia is essential to the skillful performance of definite manual work and also success in sports and yoga practice. Kinesthetic awareness is a major means of learning. The presence of kinesthetic sense has often been considered as one of the factors contributing to the ability of an individual learns an activity or a skill. For the purpose 30 subjects were selected, group - I (n = 10) Yoga Department, group - II (n = 10) Physical Education and group - III (n = 10) normal students from Annamalai University and their age ranged between 18 - 24 years. They were tested on selected kinesthetic variables (distance perception jump and shuffle board distance perception).

The data was analysed by ANOVA and scheffes post hoc test. In the all the cases 0.05 level of confidence was fixed to test the significance. The results of the study shows that yoga students better than other two groups.

Key words: Embedded, Phyctic, Kinetic, awareness

Introduction

Kinesthetic awareness is a major means of learning it provides information to an individual about their body movements and this is subconsciously integrated with other cases to enable him to move smoothly and accurately about their every day activities. In yoga and sports many

investigations have developed a number of sets to measure an individual. Kinesthetic activity. Usually the tests are designed to measure this sensory modality by having the subjects and make them to accomplish simple coordinated movements with the limbs.

The high level of kinesthetic sense possessed by an individual the greater his ability to learn skill. The factors associated with kinesthesia are given below.

- Practice improves kinesthetic perception
- Kinesthetic functioning is closely related to this sensory stimuli.

Yoga: Yoga is the method by which “one can remove ignorance the cause of main foldness and thus attain union with supreme self”

Methods

Purpose sampling method was used to selected subject thirty (N=30) students were selected from yoga centre, department of physical education & sports science and faculty of engineering and technology. Annamalai University. The age of the subject ranged from 18-24 years. Group-1 yoga persons (N=10), Group-II sports, persons (N=10) and Group-III normal persons (N=10).

Variables

They were measured selected kinesthetic variables such as distance perception jump and shuffle board distance perception.

Data analysis

The data was analysed by ANOVA and scheffe's post hoc test was used as follow-up significant level $P < 0.05$ were used to analyse the data.

Results of the study

Table-1

Analysis of variance on distance perception jump test of yoga, sports and normal persons.

Mean			Source of variance	Sum of squares	df	ms	C
Yoga persons	Sports persons	Normal persons					
3.07	3.14	4.79	Between	18.95	2	9.48	7.92*
			Within	32.31	27	1.20	

* significant at 0.05 level, df 2 & 27 is 2.51)

Table-2

Scheffe's test for significant between the mean on distance perception jump test

Mean			MD	CI
Yoga persons	Sports persons	Normal persons		
3.07	3.14		0.07	1.10
3.07		4.79	1.72*	
	3.14	4.79	1.65*	

* significant 0.05 level at confidence

Table-3

Analysis of variance on the shuffle board distance perception test of yoga, sports and normal persons

Mean			Source of variance	Sum of squares	df	ms	C
Yoga persons	Sports persons	Normal persons					
14.80	14.20	10.70	Between	98.07	2	49.03	4.58*
			Within	289.30	27	10.72	

* Significant at 0.05 level of confidence.

(The table value required for significance at 0.05 level with df 2 and 27 is 2.51)

Table 4

Scheffe's test for the difference between the mean on the shuffle board distance perception test

Mean			MD	CI
Yoga persons	Sports persons	Normal persons		
14.80	14.20		0.6	3.28
14.80		10.70	4.10*	
	14.20	10.70	3.50*	

* Significant of 0.05 level of confidence

Discussion

The purpose of present study was to find out the difference of kinesthetic variables among yoga, sports, normal persons. The data obtained were statistically analyzed to find out the significant difference between the groups the above mentioned variables (Distance perception jump, and the shuffle board distance perception) the findings show that there was significant difference between yoga, sports, and normal persons.

While comparing groups on distance perception jump and the shuffle board distance perception. Yoga persons were shown better than sports persons and normal persons. Followed by sports persons than normal persons.

Conclusion

From the study the following conclusions were made.

1. The results of the study indicated that there was significant difference in distance perception jump and shuffle board distance perception between yoga, sports and normal person.

2. The results further indicates that yoga persons were shows better distance perception jump and shuffle board distance perception followed by sports persons.

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BIOMECHANICAL ANALYSIS IN SPORTS

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Abstract

In competitive sports coaches and athletes are looking to obtain a competitive edge over their opponents. Sport biomechanics is becoming a popular choice to increase performance by identifying mechanical flaws and aiding in injury prevention. In India Biomechanics is budding area of research. Biomechanics is the science concerned with the internal and external forces acting on the human body and the effects produced by these forces. This paper attempts to highlight various sports Biomechanical analysis which is currently utilized in various countries such as Australia, Canada, New Zealand, U.S., etc especially in Kinematics perspective such as Time, Position, Linear and Angular Velocity, Acceleration, Displacement, etc. and error in calibration of camera is also elaborated.

KEY WORDS: Biomechanics, Kinematics